

The Cause and Cure of HIV and AIDS?

According to case studies, the thymus glands of all HIV and AIDS sufferers are riddled with intestinal flukes and benzene.

If these pollutants are removed, all traces of HIV/AIDS can be eliminated quickly and easily.

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The Cure for HIV and AIDS
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(see book review on page 71)

HIV is a virus. AIDS is a condition. Sometimes they occur together. Sometimes they occur separately. The source of the HIV virus is the human intestinal fluke, *Fasciolopsis buskii* (see Figure 1). This parasite typically lives in the intestine where it might do little harm, causing only colitis, Crohn's disease or irritable bowel syndrome, or perhaps nothing at all. But if it invades a different organ, like the liver, uterus, kidneys or thymus, it does a great deal of harm. If it establishes itself in the thymus, it causes HIV/AIDS! It only establishes itself in the thymus in some people. These people have benzene in their bodies. All HIV patients (100 per cent) have both benzene and a stage of the intestinal fluke in their thymuses. The solvent benzene is responsible for letting the fluke establish itself in the thymus. In order to get HIV, you must have both the parasite and benzene in your body.

Many of us have this fluke parasite in our intestines. Humans are the natural host for this parasite. When this fluke is killed, together with its eggs and microscopic stages, the HIV virus disappears from the human body in 24 hours. From this it can be concluded that the virus belongs to the parasite. The virus must have the fluke to survive.

It is not difficult to kill this parasite and all its stages. In fact, the intestinal fluke and all its millions of eggs and microscopic stages can be killed in five days.

AIDS is a condition. AIDS reflects the condition of the thymus. When the thymus gland cannot 'make' enough T-cells', your immunity is lowered.

The Thymus and AIDS

The "T" in T-cells comes from the word "thymus". The thymus is located under the top of your breastbone. It is just below the thyroid gland.

What could be happening to the thymus that prevents it from making enough T-cells? It is being invaded by the intestinal fluke. The thymus is a small gland and the intestinal fluke is a large parasite! The thymus has a lot of work to do and the flukes are eating its food and leaving their wastes in it. It is like having a moose invade your kitchen!

Why is this fluke, which belongs in the intestine (hence its name), suddenly invading the thymus? Does the fluke travel from the intestine to the thymus? Is there something about the thymus that attracts it? As you read the case histories, a fascinating story is revealed. The real culprit is benzene.

Benzene is a solvent. It is an extremely toxic solvent. We would not expect to find benzene anywhere in our environment. It is even monitored in gasoline. It is prohibited in dry-cleaning fluids and rubber cement. How could it be present in your body?

A solvent is a substance that can dissolve grease. There are many solvents used in industries but none dissolves grease as fast as benzene.

The living body is made of greases! Fats and oils make the brain and spinal cord and nerves and the protective covering of every living cell!

Benzene accumulates in the Thymus

Different toxins accumulate in different organs. If you accidentally drink some wood alcohol, which is another solvent, it goes to your pancreas first. This organ makes your insulin and regulates your blood sugar. People with "low blood sugar" or chronic fatigue actually do have wood alcohol in their pancreas. How did they get it? Wood alcohol is a pollutant in carbonated beverages, artificial sweetener and many other foods. At first your body can detoxify it. This is when your body is young and strong like a child's. But as you keep drinking the wood alcohol, the pancreas wears out and the wood alcohol begins to pile up there and do a lot of harm. It weakens the pancreas so much that any parasite can live there. The immunity of the pancreas is being lowered. Bacteria, viruses, metal

dissolved from tooth fillings, chemicals from the air you breathe and food you eat can now find a home in your pancreas. Is it any wonder that this leads to diabetes? Wood alcohol also accumulates in the eyes. Sometimes they burn and itch. Now the eyes let parasites in to multiply, like *Toxoplasma* from cats. The eyes also let in toxins from food and environment and we call these allergies. The real culprit is wood alcohol!

The most common parasite in the pancreas is *Eurytrema*, the pancreatic fluke of cattle. All persons with diabetes have wood alcohol accumulated in the pancreas and a big population of pancreatic flukes growing there. There is also mercury and gold present from tooth fillings and gold crowns! Cattle carry this parasite, and fresh raw milk always carries infective stages in it. Eating rarely cooked hamburger would certainly give it to you!

Just as wood alcohol accumulates in the pancreas and eyes, benzene accumulates in the thymus and bone marrow.

If you eat the tiniest bit of benzene, it goes directly to your thymus. If you rub the tiniest bit of benzene into your skin, it is found in the thymus half a minute later! Of course, your white blood cells immediately begin to eat it up and get it out of the thymus, but damage has already been done. No tissue can have benzene in it without being damaged.

Benzene damages the thymus so much that everything else is allowed to land there, too. The mercury from metal tooth fillings, the tin from stannous fluoride, the bismuth from Pepto Bismol™, the gasoline you pumped into your car, can all be found in your thymus after benzene damage has been done. It is as if the front and back doors to your house have been opened, letting in all comers.

Is it any wonder that the thymus can't turn out T-cells when it is full of bits of your toothpaste, your hand lotion, your hair spray, your soap, junk food and beverages? Before the benzene damage, these loitering chemicals would have been escorted to the liver, to the kidney and out of your body. Now they are caught by the thymus and remain stuck there, accumulating to higher and higher levels. The T-cell production falls lower and lower.

Meanwhile, the bacteria and viruses, which are hidden in our bodies, have been quietly waiting. Some are in a latent form or dormant state in which they patiently wait for your T-cell count to go down. Then they emerge. Some come from hiding under rotten teeth, like *Clostridium tetani* and *Staphylococcus aureus*. Some come from hiding in the nerve centres, like *Herpes* 1 and 2. Some come from the digestive tract like *Salmonella* and *Shigella*. Some come from the lung like *Pneumocystis carinii*.

Now that the T-cell count is gradually going down, this Pandora's box of pathogens is opening, letting out one after another

until the body is seething with infectious organisms.

Yet, the human body is large and strong. It will put up a good fight. It may take ten years before it begins to lose the battle. Now it is called AIDS—Acquired Immune Deficiency Syndrome. Acquired from polluting the thymus with hundreds of bits of garbage dumped on the body and into the body, but mostly from benzene. This garbage was thought to be "progress". We are led to believe that "new, improved" lotions and detergents are "better". When we see this label on a package, we automatically reach for it. It may, indeed, be doing a "new, improved" job on the dishes because cobalt is added to make spots invisible but the cobalt is doing a "new, more toxic" job on your body. "New, improved" taste in your coffees and herbal tea blends may be due to adding flavour extracts to them, which also adds the solvents used in extracting! "New, improved" taste in cereals may be due to added flavours, which are extracts, again bringing solvents to these foods.

Parasites plus Benzene

Let us review for a minute:

- 1) The HIV virus is an infection of the parasite, human intestinal fluke. It is not a human virus. It only infects us incidentally when we host this parasite in us.
- 2) Benzene in our bodies weakens the thymus gland where our T-cells are made, causing AIDS.

When the thymus has benzene accumulated in it, fluke parasites are attracted to it, just as the toxins and pollutants are.

There are many fluke parasites. In addition to *Fasciolopsis buskii*, the human intestinal fluke, there are three other very common flukes: sheep liver fluke, pancreatic fluke of cattle, and human liver fluke.

There are many more flukes that parasitise us. There is *Prosthogonimus*, a fluke of chickens, *Paragonimus Westermanii*, the lung fluke, *Cryptocotyle*, a fluke of seagulls, and *Platynosomum*, cat liver fluke.

If we have a few of these, they don't make us very sick. But when they have a population explosion, swarming in one of our organs, we get sick. Solvents cause such population explosions. Solvents dissolve away the egg shells forcing them all to hatch. Hatch in your body! Normally, this would not happen. The eggs produced

by the adult—thousands every day—are passed into the intestine to exit with the bowel movement. But if they are forced to hatch before they exit, they swim away—into your body!!

Flukes

To understand HIV you should understand the basic facts about the human intestinal fluke. Its scientific name is *Fasciolopsis buskii*. Fluke means "flat", and flukes are one of the families of flatworms. It is as flat as a leaf. The parasite is not unknown: it has been studied since at least 1925.²

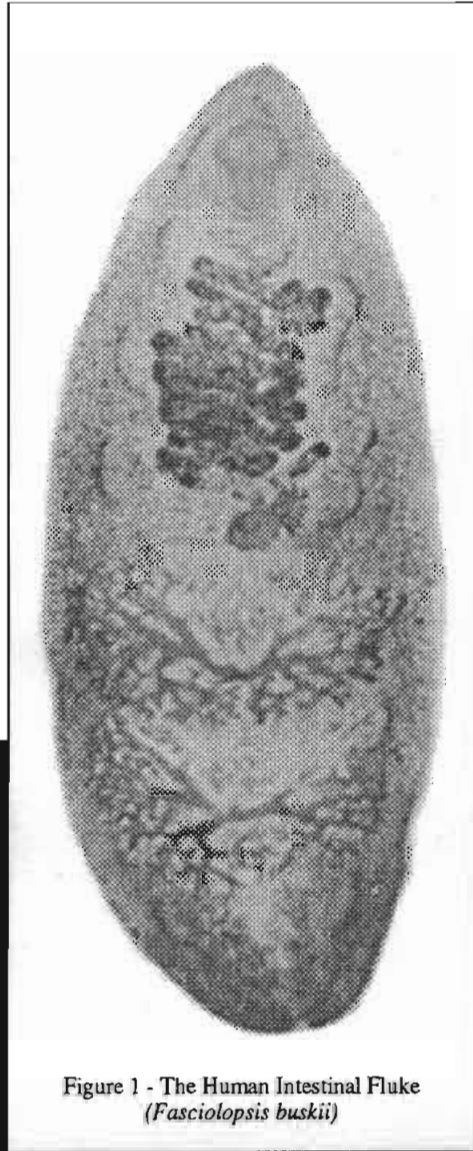


Figure 1 - The Human Intestinal Fluke (*Fasciolopsis buskii*)

This parasite has stages that it must go through to keep reproducing. The first stage is the egg. The adult produces millions of eggs. They pass out of us with the bowel movement. The adult, though, stays tightly stuck to our intestine (or liver, causing cancer, or uterus, causing endometriosis, or thymus, causing AIDS, or kidney, causing Hodgkin's disease).

Most of us get little lesions in our intestines from time to time. These tiny sores allow the eggs, which are microscopic in size, to be pulled into the bloodstream (other parasite eggs get into the blood this way, too).

Some of these eggs actually hatch in the intestine or in the blood. The microscopic hatchlings are called *miracidiae* and are the second stage. They swim about with their little swimmer hairs. And of course, the liver whose job it is to dispose of toxins, will receive them and kill them as the blood arrives from the intestine. They have no chance to survive in normal people.

Flukes and Solvents

But something special happens to people who have solvents in their bodies. The liver is unable to trap and kill these tiny fluke stages. These baby stages are actually allowed to make their home in the liver and other tissues. It is as if the immune system has no power to kill them. The flukes begin to multiply in people with solvents in their bodies! The *miracidiae* (hatchlings) start to make little balls inside themselves, called *rediae*. But each *redia* (ball) is alive! It pops itself out of the *miracidia* and begins to reproduce itself. Forty *rediae* can each make 40 more *rediae*! And all of this out of one egg!

This parasite is laying eggs and producing millions of *rediae* right in your body! These *rediae* are swept along in your blood, landing in whatever tissue lets them in. Smokers' lungs, breasts with benign lumps, prostate glands full of heavy metals, a thymus loaded with benzene are examples of tissues that give the *rediae* their landing permits.

Multiplying continues at a hectic pace, generation after generation. *Rediae* are nesting in numerous organs. Suddenly they change their shape. They sprout a tail and can swim again. Now they are called *cercariae*.

The *cercariae* only need to find a place to attach. After they glue themselves to your tissue, their tails disappear and they begin to grow a 'cocoon'.

Now they are called *metacercariae*. Normally, this would happen on a leaf growing near a pond, so the *metacercariae* develop an extremely thick shell around themselves to withstand the winter. Does the presence of the solvent benzene in your body dissolve this tough shell? That would remove the last barrier to the fluke completing its entire life cycle anywhere in your body!

After the shell is gone, they grow into adult flukes in your tissue—not in the intestine but in your thymus! Now the cycle is complete. From eggs to *miracidiae* to *rediae* to *cercariae* to *metacercariae* and then the adults! And all of them eating and sucking and devouring your vital body fluids.

As you can see, humans typically are the host for just the adult stage, and then only in the intestine. But can you imagine the havoc in your body if you did the snail's job, too? Suppose the host, the human, has solvent in his or her body so that the millions of eggs start hatching before they can exit with the faecal matter. They simply swim in hordes into the bloodstream. They may be

searching for a snail, but certainly a living tissue of yours will serve as well! To survive, they must avoid being eaten by your white blood cells. So a tissue where the white blood cells are filled with mercury, lead, cadmium, perfume, solvents and PCBs is the logical choice. They have found a home—in you!

The solvents may be hexane, pentane, xylene, toluene, wood alcohol, carbon tetrachloride and propyl alcohol as well as benzene.

Xylene and toluene accumulate in the brain, so the fluke parasites choose the brain for their breeding place. Here they produce their *rediae* and *cercariae* and eventually adults! Wood alcohol accumulates in the pancreas and eyes, making these organs the fluke breeding grounds. Isopropyl alcohol accumulates in the liver, making the liver the place where the stages develop into adults. And benzene accumulates in the thymus so that the intestinal fluke is raised up to adulthood

in this tiny organ instead of the spacious intestine.

Many persons who have an adult fluke in the thymus feel a burning sensation or pain or 'tightness' over the breastbone. But some persons feel nothing at all. And some persons with a 'tightness' there do not have this parasite. So having a symptom here, while very suggestive of this fluke, does not prove you have it. However, it would be very wise to go on a parasite-killing program such as I will describe to you later.

Humans are the natural host for this parasite. When this fluke is killed, together with its eggs and microscopic stages, the HIV virus disappears from the human body in 24 hours. From this it can be concluded that the virus belongs to the parasite.

HIV/AIDS illness is caused by an intestinal fluke stage inhabiting the benzene-damaged thymus.

All cases of HIV seen in my office had benzene in their thymuses. It is tempting to speculate that benzene has some special role to play besides damaging the thymus.

No case of HIV was seen without benzene in the thymus.

When benzene is removed from the thymus but the fluke is not killed, does the HIV virus survive? Not enough of such cases were seen to answer this interesting question.

Purge the Parasite, Cure HIV

When the parasite is killed but benzene is still present in the thymus, does the HIV virus survive? Never! It is always gone after the last of the fluke stages has left. If you have HIV/AIDS illness, clearly you must do three things:

- 1) Kill the intestinal fluke and all its stages.
- 2) Rid your body of benzene.
- 3) Clean up your thymus gland.

We have been taught to believe that every parasite is so unique that a different drug is required to kill each one. The better drugs such as Praziquantel™ and Levamisole™ or even Flagyl™ and Piperazine™ can each kill several worm varieties. But this is just not practical when dozens of different parasites are present. We have dozens of different parasites in us! It would be best to kill them all together even though only the intestinal fluke is bringing the HIV virus.

Look at the case histories. It is not unusual for someone to have a dozen (or more) parasites out of the 120 parasites I have samples of. You can assume that you, too, have a dozen different parasites. We are heavily parasitised beings! Our bodies are large enough to provide food and shelter for lots of these freeloaders. If they were settled on the outside where we could see them, like lice

or ticks, we would rid ourselves in a flash. Nothing is more distasteful to the imagination than hordes of biting, chewing, crawling, sucking creatures on our flesh. But what about in our flesh? We cannot see inside ourselves, so we mistakenly assume that nothing is there.

Parasite Remedies

The Native American peoples knew that humans are parasitised. Other native peoples from the Arctic to Antarctic knew that we are parasitised like other animals. They had frequent purgings that included diarrhoea or vomiting to rid themselves of their slimy invaders. Many cultures continued such practices right up to my own childhood. I remember being forced to swallow a spoonful of sulphur, molasses and raw onion! How dreadful it seemed. But it reduced the body's burden of worms and other parasites that we all have. Where have we gone astray? Why have we forsaken these wise practices?

I have seen that eczema is due to roundworms. Seizures are caused by a single roundworm, *Ascaris*, getting into the brain. Schizophrenia and depression are caused by parasites in the brain. Asthma is caused by *Ascaris* in the lungs. Diabetes is caused by the pancreatic fluke of cattle, *Eurytrema*. Migraines are caused by the threadworm *Stronoides*. Acne rosacea is caused by a *Leishmania*. Much human heart disease is caused by dog heartworm, *Diroflaria*. And the list goes on.

Getting rid of all these parasites would be absolutely impossible using clinical medicines that can kill only one or two parasites each. Such medicines also tend to make you quite ill. Flagyl™ is used for amoebas and *Giardia*; when the correct dosage is used, it can cause extreme nausea and vomiting. Quinine for malaria is quite toxic. Imagine taking 10 such drugs to kill a dozen of your parasites! Good news, perhaps, for the drug makers but not for you.

Yet three herbs can rid you of over 100 types of parasites! And without so much as a headache! Without nausea! Without any interference with any drug that you are already on! Does this sound too fantastic? Just too good to be true? They are nature's gift to us. The herbs are:

- black walnut hulls (from the black walnut tree)
- wormwood (from the *Artemisia* shrub)
- common cloves (from the clove tree).

These three herbs must be used together. Black walnut hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs. They must be used together as a treatment.

These three herbs, taken together, can cure HIV infection.

It is the green hull surrounding the nut of the black walnut tree that has this miraculous parasiticide. After it has turned black, it is useless. The large green balls fall to the ground early in the fall. In a week or two they will be black and decaying. Therefore, anyone wishing to make parasiticide must be careful not to let the crit-

ical time for harvesting pass. I encourage everyone to make their own parasiticides and to take back the responsibility for keeping themselves and their families free of these tiny monsters.

Note that the recipe for Black Walnut Hull Tincture is a tincture (extracted using grain alcohol), not an ordinary extract (which uses water). The black walnut extract that is available from herb companies is not potent as a parasiticide. It is black, not pale green, indicating that the critical harvesting time has passed. Of course, there is no time to make your own if you are HIV-positive or have AIDS.

You will only need one 1 oz. bottle. While you are waiting for it to arrive, get your other two herbs ready: wormwood and cloves.

Wormwood consists of the leaves of the *Artemisia* shrub. My recommendation is that you grow it yourself if you have any space to do so. Wormwood seed is available from seed catalogues.

The amount you need to eliminate HIV is very small, yet you cannot do without it. But the FDA (Food and Drug Administration) has regulated it as toxic! It is therefore unavailable in concentrated form from herb companies. The evidence for toxicity accepted by the FDA must have been hearsay. I have never seen a case of toxicity, not so much as a headache or nausea. The toxic level must be much higher than is needed to kill these parasites.

This shrub is called wormwood for good reason: it kills worms! There is quite a bit of confusion over which *Artemisia* is the true wormwood. Books and nurseries can be wrong, even though they assure you

they are correct! Buy *Artemisia absinthium* for your garden. Wormwood goes back to antiquity and is mentioned in the Bible.

If you grow your own, dry the leaves when they are in their prime. The leaves are greenish silvery grey and quite bitter.

Nobody would accidentally eat too much of them. For a child, roll up a single leaf and put it into a capsule or shred it and stir into honey.

Wormwood capsules are available as a combination of *Artemisia*, male fern, quassia, black walnut leaves and cloves. This small amount of *Artemisia* is legal (in the USA).

You will need one bottle of 80 Wormwood Combination capsules to cure your HIV, and another bottle to kill your remaining parasites.

The third herb necessary to eliminate HIV is cloves. This is the common spice used in baking. It needs to be ground up in order to release its parasite-killing properties. You can buy a can of whole cloves and grind them in a blender or grinder. Store-bought ground cloves do not work! Their parasite-killing properties have evaporated long ago. Ground cloves from a health food store or herb shop may not work either! They may have been ground years ago. Don't take a chance—grind your own. Remember, the responsibility of the cloves is to kill eggs. Nothing else known can kill eggs of parasites within the body! If a herb company were to grind cloves and fill capsules with them right away and store the capsules in closed bottles, the potency of the herb would be protected. Don't take these details for granted. You must question your source and get a satisfactory answer or grind your own.

You will need about 100 capsules of cloves. To make your own, purchase size 00 (double-zero) capsules at a health food store. (Don't try to mix cloves straight in water! It is much too strong; you may try mixing with apple sauce or buttermilk.) Size

Is it any wonder that the thymus can't turn out T-cells when it is full of bits of your toothpaste, your hand lotion, your hair spray, your soap, junk food and beverages? Before the benzene damage, these loitering chemicals would have been escorted to the liver...and out of your body.

0 capsules will also be acceptable. You now have:

a) One 30 cc bottle of pale green Black Walnut Hull Tincture. This is 1 ounce; b) Two bottles of 80 Wormwood Combination capsules, or 1/2 cup of *Artemisia* leaves; plus c) One bottle of 100 capsules of freshly ground cloves or 1/4 cup bulk.

These are the only essential items that you will need to eliminate HIV from your body.

But there is another essential herbal product you will need to get completely well. I have found all HIV/AIDS sufferers also have "tapeworm disease". It is normal for us to have tapeworm stages in our bodies, probably going back to our childhood when we ate dirt. It is not normal for these stages to hatch in us. But they do hatch in HIV/AIDS sufferers because of the large amounts of solvents, especially benzene, in their bodies. Hatching tapeworm cysts spew unfertilised eggs plus bacteria and viruses all over the body, making you feel sick. To kill these emerging tapeworm stages you need Rascal™.

Two additional items, ornithine and arginine, improve this recipe. Parasites produce a great deal of ammonia as their waste product. Ammonia is their equivalent of urine and it is set free in our bodies by parasites in large amounts. Ammonia is very toxic, especially to the brain.⁴ I believe this causes insomnia and other sleep problems at night and anxiety by day. By taking ornithine at bedtime, you will sleep better.⁵ Arginine has similar ammonia-reduction effects but must be taken in the morning because it gives alertness and energy.

Do not try to substitute drugs for herbs. Drug parasiticides can be extremely toxic, even in the small doses needed.

Procedure for Cure

Start by taking ornithine, 2 at bedtime on the first night you get it. You don't need to wait for the rest of the program to start on ornithine. Take 4 ornithines on the second night. Take 6 ornithines at bedtime on the third night. After this take 4 or 6 ornithines at bedtime every night till you are sleeping soundly. Then go off ornithine and see whether your sleep is as good without it. Use as needed. It is not habit-forming.

Taking ornithine at bedtime may give you so much energy the next day that you don't need to take arginine in the morning. But if going off caffeine (recommended) has you dragging yourself through the morning, take one arginine upon rising and another one before lunch and supper. It can make you a bit irritable. Cut back if this happens.

Ornithine and arginine, each about 500 mg, are available in capsules in separate bottles.

To summarise:

What you'll need for killing the intestinal fluke which brings with it the HIV virus, in the first five days, followed by the remaining parasites in another two weeks, are:

- 1) Black Walnut Hull Tincture, an alcohol extract of the green hull (for alcoholics, a water recipe is available).
- 2) Wormwood Combination, in capsules.
- 3) Cloves, freshly ground, together with size 00 empty capsules.
- 4) Ornithine, 500 mg.
- 5) Arginine, 500 mg.
- 6) Rascal™ (start this after three weeks). Take as directed on label.

— Review —

The intestinal fluke can reproduce itself from beginning to end inside your body (not needing a snail) if you have solvent in your body. There are many solvents around us. If the solvent is benzene, which accumulates in the thymus, the human intestinal fluke colonises there and brings you HIV. The damage to your thymus reduces your immunity, allowing other parasites and pathogens to multiply. This is AIDS.

Because benzene is a solvent, it dissolves the shells of the eggs and lets them all hatch—right inside you! The tiny baby stages (*miracidiae*) then get into your blood and travel everywhere in your body! They land, become *rediae* and reproduce into thousands more! They finally turn into *cercariae*, *metacercariae*, and finally adults...

- adults in your liver, if you have propyl alcohol in it, causing cancer!
- adults in your pancreas, if you have wood alcohol in it, causing diabetes!
- adults in your thymus, if you have benzene in it, causing HIV disease!
- adults in your brain, if you have toluene or xylene in it, causing Alzheimer's disease!
- adults in your kidneys (Hodgkin's disease), uterus (endometriosis) or prostate (chronic prostatitis) if you have other solvents there!
- adults in your skin if you have Kaposi's sarcoma.

There are no side-effects as you can see from the case histories included in my book. There is no interference with any other medication. There is no need to stop any treatment that a clinical doctor or alternative therapist has started you on.

Don't wait to begin until you have all six items! Start as soon as you get each item!

Are there any substitutes for the Black Walnut Hull Tincture and Wormwood Combination? The answer to this question is not yet. I have not worked out any substitutes, although they must exist. I believe there must be dozens of plants that could kill the intestinal fluke. What is just as important is not picking them up again. But we will come to this point soon.

Curing Recipe Detailed Instructions

1. Black Walnut Hull Tincture:

Day 1: This is the day you begin; start the same day you receive it. Take 1 drop 4 times. Put it in a beverage like warm juice, milk or water. A warm liquid evaporates the alcohol. The timing does not matter. The drops can be 1 hour apart if you start at 6.00 pm. They can be 4 hours apart if you start in the morning. Take them before meals or on an empty stomach.

Day 2: Take 2 drops 4 times as above.

Day 3: Take 3 drops 4 times.

Day 4: Take 4 drops 4 times.

Continue increasing in this way until you have taken 20 drops four times. After this, continue taking 20 drops once a day for 3 months. If you get interrupted, don't start over, just continue. The flukes will be dead by Day 5! Don't get interrupted before Day 6. After 3 months switch to the Maintenance Parasite Program.

2. Wormwood Combination capsules:

Day 1: Take 1 capsule before supper (with water).

Day 2: Take 2 capsules before supper.

Day 3: Take 3 capsules before supper.

Continue increasing in this way to Day 14. You take the capsules all in a single dose (you may take a few at a time until they are all gone). Then you do 2 more days of 14 capsules each. After this, you take 14 capsules twice a week, such as on Monday and Thursday forever, as it states in the Maintenance Parasite Program. Try not to get interrupted before the sixth day, so you know the intestinal flukes are dead. After this, you may proceed more slowly if you wish. Many persons with sensitive stomachs

prefer to stay two days on each dose instead of increasing every day. You may choose the pace after the sixth day.

3. Cloves:

Fill size 00 capsules with ground cloves. If these are not available, use size 0 or 000. In a pinch, buy gelatin capsules and empty them or empty other vitamin capsules.

Day 1: Take 1 capsule 3 times a day before meals.

Day 2: Take 2 capsules 3 times a day.

Days 3, 4, 5, 6, 7, 8, 9, 10: Take 3 capsules 3 times a day. After day 10, take 3 capsules once a day for 3 months. Then take 3 capsules twice a week forever, as in the Maintenance Parasite Program.

Prevent Reinfection

It only takes five days on the three herbs together to kill the intestinal fluke adults, eggs, *miracidiae*, *rediae*, *cercariae* and *metacercariae*. The parasite-killing program continues, though, to a peak at three weeks, followed by a tapeworm treatment, in order to rid your body of most other parasites. After this, a maintenance program is followed in order to kill any new parasite that you may pick up.

You are always picking up parasites. Parasites are everywhere around you! You get them from other people, your family, yourself, your home, your pets, and undercooked meat.

I believe the main source of the intestinal fluke is undercooked meat. After we are infected with it this way, we can give it to each other through blood, saliva, semen and breast milk, which means kissing on the mouth, sex, nursing and childbearing.

Stay on a maintenance program of killing parasites. Give yourself a high-dose program twice a year, more often if it makes you feel better. Family members nearly always have the same parasites. If one person develops HIV (or cancer), the others probably have the intestinal fluke also, because it is caused by the same parasite. They should give themselves the same deparasitising program.

Maintenance Parasite Program

Twice a week (any two days will do) take:

- 1) Black Walnut Hull Tincture: 30 drops once a day on an empty stomach, like before a meal.
- 2) Wormwood Combination capsules: 14 capsules once a day on an empty stomach.
- 3) Cloves: 3 capsules once a day on an empty stomach.
- 4) Rascal capsules: 4 capsules 3 times a day.
- 5) Take ornithine and arginine as needed.

You may take these at different times in the day or together.

The only after-effects you may feel are due to dead parasites! If this maintenance treatment gives you any noticeable after-effects on the same or next day, it means you have indeed killed something and you shouldn't wait three more days to resume killing it. Go after it immediately with the high-dose program for three days in a row. You will know it is gone when there are no after-effects from the high-dose program.

High-Dose Parasite Program

Take for three to five days in a row:

- 1) Black Walnut Hull Tincture: 30 drops twice a day on an

empty stomach.

2) Wormwood Combination capsules: 14 capsules once a day on an empty stomach.

3) Cloves: 3 capsules 3 times a day on an empty stomach.

4) Rascal™: 4 capsules 3 times a day.

5) Ornithine and arginine (500 mg each) as desired.

You may take these at different times in the day or together.

There are no side-effects to these herbs at these dosages.

Cleanse Pets

Pets have many of the same parasites that we get, including *Ascaris* (common roundworm), hookworm, *Trichinella*, *Strongyloides*, heartworm and a variety of tapeworms. Every pet living in your home should be deparasitised (cleared of parasites) and maintained on a parasite program. Monthly trips to your vet are not sufficient.

You do not need to get rid of your pet to keep yourself free of parasites. Your pet is part of your family and should be kept as sweet and clean and healthy as yourself. This is not difficult to achieve. (See book for recipe.)

Banish Benzene

Benzene deserves special attention because it is so deadly and presumed to be absent from our consumer environment. Yet I have found traces in everything from bottled water to toothpaste!

It is so toxic its concentration is tested in gasoline and dry cleaning fluid to reduce exposure to it in the air. Can you imagine eating it or putting it on our bodies, even in minute quantities? Benzene is not put in our foods intentionally; we probably get it accidentally from countries where it is not illegal as an extraction or cleaning agent.

It is present in foods and products that have flavour added. This suggests that benzene is used to extract the flavour—for example, mint from mint leaves. It is not legal in the

United States to use benzene to make food extracts. Our regulatory agencies have been vigilant in checking beverages, body products and gasoline for benzene. Occasionally, benzene pollution is found and the product is quickly taken off the market. Nevertheless, the present extent of benzene pollution is unthinkable and unexpected.

These are the foods and products which I have found to be polluted with benzene. Stop using them immediately. Do not finish up any one of them. Throw them out now! Throw them into the garbage and take the garbage out of your house. Benzene is very volatile and will fill your airspace. Just because you cannot smell it does not mean you are not inhaling it.

All persons with HIV or AIDS-associated illness have benzene accumulated in them. But what about the rest of us? We, too, have been using benzene-polluted items. Why does it not accumulate in everybody? The answer, of course, lies in how much benzene you get. But is that all? Is there some special toxin that only some of us get, and that specifically causes benzene buildup? Indeed there is. People with a benzene buildup have been eating a lot of grilled food, toast, wieners, and open flame-heated food. Such foods have benzopyrenes in them. Benzopyrenes use up the liver's detoxifying ability for themselves, and leave benzene to accumulate. Stop eating these foods.

HIV/AIDS illness is caused by an intestinal fluke stage inhabiting the benzene-damaged thymus.

All cases of HIV seen in my office had benzene in their thymuses.

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Another tip for reducing benzene buildup: vitamin B2 is known to help detoxify benzopyrenes. Make sure you are taking at least 50 mg of vitamin B2 (riboflavin) with each meal, and don't visit tanning booths! Ultraviolet light destroys the B2 already in your body. But don't rely on vitamin B2 alone. Stick to all the rules carefully.

Throw out these benzene-polluted products (your health is worth more than the fortune you spent on them!):

- flavoured food (yoghurt, jellies, candies, throat lozenges, store-bought cookies and cakes); cooking oil and shortening (use only olive oil, butter and lard); ice cream and frozen yoghurt; hand cream, skin cream, yogurt moisturisers; toothpaste including health brands; tea tree oil products; beverages including bottled water and store-bought fruit juice; Vaseline™ products, lip balm, hand cleaners; cold cereal; chewing gum; personal lubricant; amyl nitrate, butyl nitrite, and similar products, commonly called "Rush"; marijuana; flavoured pet food, both for cats and dogs; bird food made into cakes; cattle and poultry feeds, except simple grains.

Throw them all out now!

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Footnotes:

1. T-cells are actually made in the bone marrow, but go to the thymus to be given instructions as immunity-defenders.
2. C. H. Barlow, "The Life Cycle of the Human Intestinal Fluke, *Fasciolopsis buskii*", *Am. J. Hyg.* (Lancaster), Monog. no. 4, 1925.
3. Perhaps it is the changed electrical charge or magnetic force of these damaged organs that permits further development of the fluke stages. Perhaps it is merely low immune-surveillance. Perhaps the dying cells of a damaged organ provide food for the baby stages. Only further scientific study will reveal the truth.
4. The brain lacks the enzyme ornithine carbamyl-transferase which is essential for making ammonia harmless by changing it into urea.
5. I published this discovery in *Townsend Letter For Doctors*, July 1991, p. 554.

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Natural Therapy Products, or
Inner Glow Health Products,
both of whom we talked into advertising on this page.**